

# ***The Reduction of Running Pain Through Two Different Diagnostic Tests***

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## ***Background***

Foot over-pronation while running has been considered to be a cause of running pains (Abelin, Marti, Minder, & Vader, 1988). There are various ways of observing running gait to modify this foot pronation condition. This randomized study will compare two diagnostic techniques, and will answer the question: Is running pain reduction equivalent using two diagnostic tests when subjects present with associated running pain?

## ***Methods***

Running Gait analysis will be diagnosed by one of the methods, known as the wet foot test, currently in use at Ft. Drum and Ft. Benning. The other diagnostic method is the Tele-Shoe program, using digital video gait analysis (DVGA). Tele-Shoe was implemented at the Running Shoe Clinic in the Pentagon in the beginning of 2001. The North Atlantic Regional Medical Command will be deploying it at other military treatment facilities, injury prevention and treatment services to improve combat readiness for active duty personnel.

## ***Conclusion***

Unlike previous descriptive studies, this study will be an experimental study to help provide a more accurate analysis of pain reduction given the two types of diagnostic procedures. The outcome of this study may help in efforts to prevent and/or decrease running pains through the most efficient biomechanical diagnostic procedure and running shoe selection.